



Red Beans and Rice (Makeover)



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 0.8 lb turkey kielbasa smoked cut into 1/2-inch pieces
- ☐ 1 cup onion chopped (1 large)
- ☐ 0.5 cup bell pepper green chopped (1 small)
- ☐ 0.5 cup bell pepper red chopped (1 small)
- ☐ 0.5 cup celery chopped (1 medium stalk)
- ☐ 2 cloves garlic powder finely chopped
- ☐ 2 bay leaves dried

- ☐ 1 teaspoon thyme leaves dried
- ☐ 14.5 oz canned tomatoes organic canned
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 30 oz beans red rinsed drained canned
- ☐ 1 cup rice long-grain white uncooked
- ☐ 2 cups water
- ☐ 1 serving sauce of the chicken from the turbo broiler

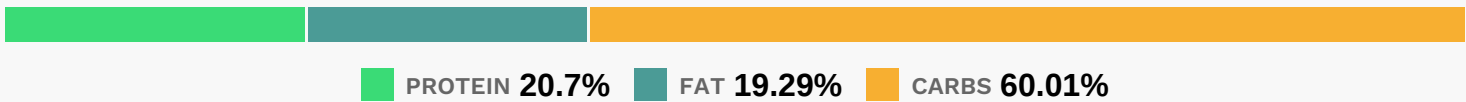
Equipment

- ☐ sauce pan

Directions

- ☐ In 4-quart saucepan, heat oil over medium heat.
- ☐ Add kielbasa, onions, bell peppers, celery, garlic, bay leaves and thyme; cook 4 to 6 minutes, stirring occasionally, until vegetables are tender.
- ☐ Stir in tomatoes and salt.
- ☐ Heat to boiling. Reduce heat to low; cover and simmer 20 minutes, stirring occasionally. Stir in beans. Cover; simmer 10 minutes longer.
- ☐ Meanwhile, cook rice in water as directed on package.
- ☐ Remove bay leaves from bean mixture.
- ☐ Serve bean mixture over rice.
- ☐ Serve with hot pepper sauce.

Nutrition Facts



Properties

Glycemic Index:50.36, Glycemic Load:24.07, Inflammation Score:-8, Nutrition Score:22.678695647613%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 378kcal (18.9%), Fat: 8.24g (12.68%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 57.72g (19.24%), Net Carbohydrates: 46.85g (17.04%), Sugar: 9.56g (10.62%), Cholesterol: 30.05mg (10.02%), Sodium: 1538.51mg (66.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.91g (39.82%), Vitamin C: 53.34mg (64.65%), Manganese: 0.96mg (47.91%), Iron: 8.62mg (47.87%), Fiber: 10.87g (43.48%), Phosphorus: 329.76mg (32.98%), Vitamin B6: 0.59mg (29.61%), Selenium: 19.47µg (27.82%), Copper: 0.5mg (25.24%), Potassium: 831.45mg (23.76%), Vitamin B3: 4.36mg (21.81%), Magnesium: 86.06mg (21.52%), Vitamin B1: 0.29mg (19.53%), Zinc: 2.74mg (18.25%), Vitamin K: 18.2µg (17.33%), Folate: 68.18µg (17.05%), Vitamin B2: 0.27mg (16%), Vitamin A: 719.88IU (14.4%), Calcium: 101.05mg (10.1%), Vitamin E: 1.43mg (9.52%), Vitamin B5: 0.8mg (7.96%), Vitamin B12: 0.24µg (4.06%)